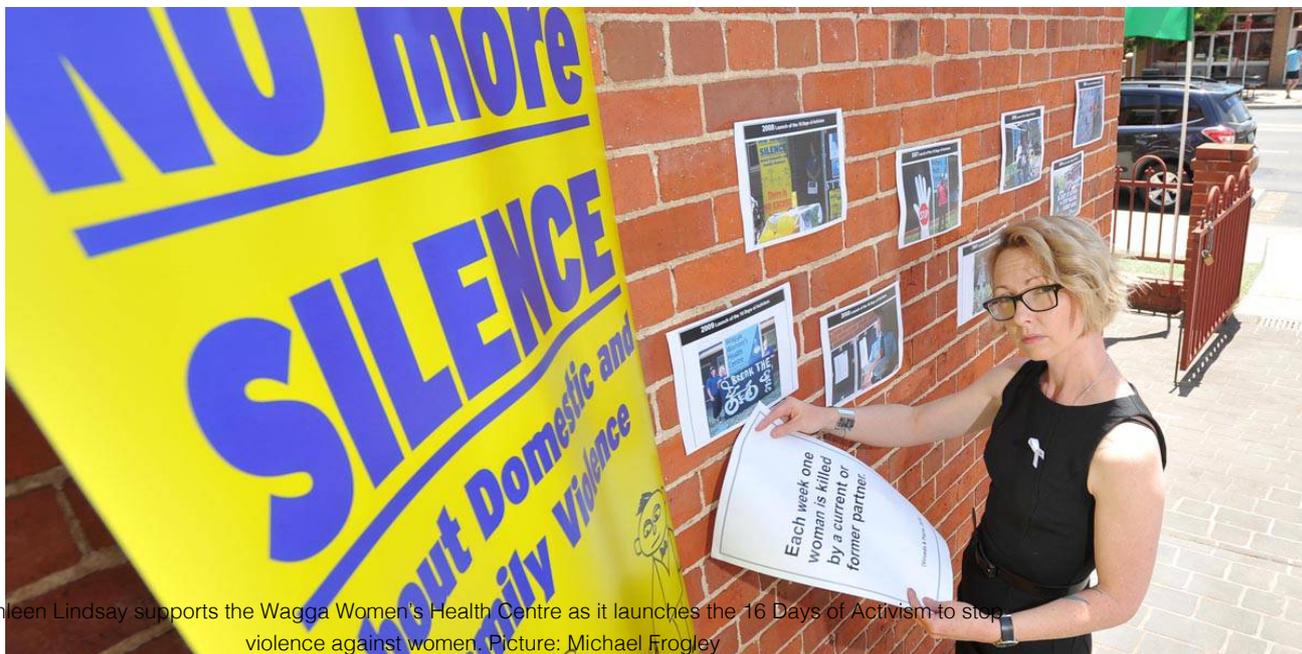


# White Ribbon Day launching pad for 16 Days of Activism

By Kree Nash Nov. 26, 2013, midnight



Kathleen Lindsay supports the Wagga Women's Health Centre as it launches the 16 Days of Activism to stop violence against women. Picture: Michael Frogley

HAIRDRESSER Kathleen Lindsay sees somewhere between 80 to 90 women in her salon each week.

Often it is a place where women come alone and feel free to express what's on their mind.

Considering domestic violence figures show one in every three women will experience domestic violence, it isn't hard to accept that some of the women who have passed through her doors have told her they are a victim.

"Some have been affected quite heavily, or if not themselves, it has been a friend, sister or mother who has experienced it," Mrs Lindsay said.

"My family has been affected by domestic violence in the past and we have grown passionate about educating people about it.

"As a neutral party in the situation, I have been able to pass on what I know about services locally and gently introduce them to a new way of thinking."

Mrs Lindsay was just one of 40 people who yesterday supported the Wagga Women's Health Centre as it launched the 16 Days of Activism, an international campaign calling for the end to violence against women.

The day begins with International Day for the Elimination of Violence against Women and ends on December 10 with International Human Rights Day.

Wagga women's counsellor Emma Flakelar says people like Mrs Lindsay are key to helping push education on domestic violence.

"A lot of women are put down and told they are stupid and no one would believe them and they start to believe that," Ms Flakelar said.

"People who know anyone in this situation should tell them they believe them and that there is support."

She said the rate of domestic violence in Wagga was high with women attending the centre almost daily to seek assistance.

She said the key to stopping violence against women was educating people to what constitutes domestic violence, how to access support and that it was critical for people to stand up and not let it continue.

The 16 Days of Activism will see the community taking part in numerous events including workshops of domestic violence counselling, pamper sessions for women and a family support open day.

- For more information visit [www.waggawomen.org.au](http://www.waggawomen.org.au).
- 1 in 5 women in Australia will experience sexual assault
- 1 in 3 women will experience some form of domestic violence in their lifetime

- Each week one woman is killed by a current or former partner
- The biggest risk factor for becoming a victim of sexual assault and/or domestic and family violence is being a woman.

**SEEK HELP**

- If you or someone you know is a victim of domestic violence, please seek help.
- National Sexual Assault, Family & Domestic Violence Counselling Line 1800 RESPECT (1800 737 732)

- Men's Referral Service 1300 766 whiteribbon.org.au



The advertisement banner features a yellow background with a sunburst pattern. On the left, the text 'follow the sun west' is written in white. In the center, it says 'from \$109<sup>95\*</sup> travel from 5th feb 2014'. To the right of this is a blue button with the text 'book now'. Below the button, it says 'melbourne ↔ perth' and '\*tbc's apply see site for full details'. On the far right, the text 'PERTH tigerair' is displayed in white and black.

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